

August 2013

DSDHH Newsletter



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So. Utah

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18th Year

Robert G Sanderson Community Center of the Deaf and Hard of Hearing
5709 South 1500 West Taylorsville, UT 84123-5217

Mental Fitness – Marilyn Call, Division Director

Many of us are aware that regular exercise is very important to our overall physical fitness. It's easy to forget that taking care of our mental health is also very important. Mental fitness means building you mental, emotional and behavioral abilities in order to effectively cope with the unique and changing challenges of everyday life. In other words, developing a healthier mental state prepares us for tough times. A healthy mental state can also be a source of strength for others. Focusing on the following five areas helps to strengthen mental fitness.

1. Awareness of self and environment
2. Beliefs and attitudes
3. Ability to cope with stress
4. Decision – making skills
5. Social engagement and interaction with others

With these five areas in mind there are many ways that to improve our mental fitness and help manage life's stressors. The following are tips to get started toward mental fitness:

- **Exercise Often.** We hear it over and over again and with summer upon us, it's a good time to commit to being more active. That doesn't necessarily mean joining a gym or running a race. Simply decide to move around more, take a walk before, after, or during the work day, spend time in the garden, ride a bicycle, and get out on the weekends to enjoy a walk in a park or hike a trail. Research shows there are mental health benefits from exercise, such as better sleep, increased energy, reduced symptoms of anxiety and depression.
- **Talk about concerns or worries.** Avoid letting issues silently build up inside. Talk to a trained counselor or a trusted friend, who might help you see different options to solving your difficulties.
- **Be social.** Look for activities of interest. Seek out people or groups that share your experiences, and make an effort to connect with them in person. Build and maintain healthy connections with others to increase the benefits of social support. Again in person is better than online social networks.
- **Stay positive.** It's a choice. Choose to have a positive outlook. While stressful situations may be unavoidable, staying in control of thoughts and feelings help maintain resilience in difficult times.
- **Be realistic.** Set realistic expectations for goals. Celebrate small accomplishments and reevaluate goals when necessary.
- **Use coping strategies for stress.** Work on balancing family and work responsibilities to avoid becoming overwhelmed. Learn healthy ways to actively manage stress – exercise, journal, or meditate. Always question your thinking patterns and try to keep you thoughts full of hope.

Reference: Small Steps to Improved Mental Health:

http://dcoe.health.mil/blog/13-05-30/Small_steps_to_improved_Mental_Health.aspx

May 30, 2013

Changes in the Law for Interpreters: HB0371

By: Mitch Jensen & Dawn Duran

It is widely known that Utah has a law requiring those working as interpreters are certified. Interpreters working in Utah are blessed to be able to test and certify locally via the Utah Interpreter Program at the Novice and Professional level. Interpreters may also apply to UIP for recognition of Boys Town EIPA certification or RID certification. With a law under our belt, many in our community are wondering why another bill was introduced in the latest legislative session. Here's the scoop...

The law includes several sections, but the sections creating the need for an amendment are listed below.

The law as it was written:

“Interpreter services” means those services provided for payment by an individual holding one’s self out to be a certified interpreter to facilitate effective communication between hearing and hearing impaired persons.

-Utah Code 53A-26a-102(4)

Certification is required to provide interpretive services except as specifically provided in Section 53A-26a-305.

-Utah Code 53A-26a-301(1)

The law as amended:

“Interpreter services” means services that facilitate effective communication between a hearing person and a person who is hearing impaired as defined by Subsection 44 53A-26a-102(3), through American Sign Language or a language system or code that is modeled after American Sign Language, in whole or in part, or is in any way derived from American Sign Language.

-Utah Code 53A-26a-102(4)

Certification is required to provide interpretive services, except as specifically provided in Section 53A-26a-305, an individual is required to be certified as a certified interpreter if that individual provides interpretive services and a state or federal law requires the interpreter to be certified or qualified.

-Utah Code 53A-26a-301(1)

As written, that law presented the opportunity for a couple of loopholes. Notice that the wording in the first paragraph of the law as written above includes “*an individual holding one’s self out to be a certified interpreter*”. An individual could interpret without being certified as long as they first informed the clients that they were not certified thus they did not hold themselves out to be a certified interpreter. As amended, the wording of “holds one’s self out” has been omitted and individuals can no longer bypass the law by simply stating they are not certified interpreters.

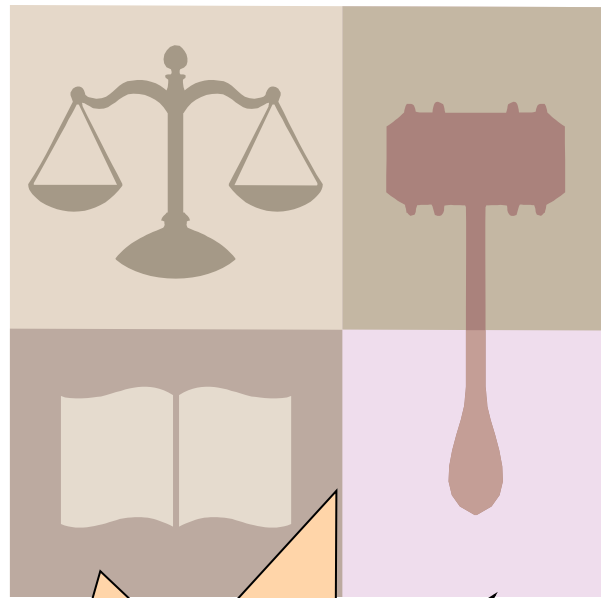
Secondly, as written, the law states that “*certification is required to provide interpreting services...*” and as written, individuals were bypassing that requirement by interpreting, but titling themselves as “signing aides” or similar designations. As amended, the law states that not only can individuals no longer avoid compliance by not holding themselves out as an interpreter, but also includes, as amended, “*...an individual is required to be certified as a certified interpreter if that individual provides*

interpretive services and a state or federal law requires the interpreter to be certified or qualified.” Therefore, if an individual is working in a position where they are doing interpreting work, they must be certified no matter what their job description or title may be.

The need for the amendments was recognized by many, but several key players in our community made it happen. Dale Boam, an attorney and certified interpreter wrote the amendments to the law. Marilyn Call, the Executive Director of the Division of Services of the Deaf and Hard of Hearing as well as Mitch Jensen, Program Director of the Utah Interpreting Program assisted in the needed wording and secured representation to bring the amendment to the legislative body. Rep. Ronda Rudd Menlove (R) from Garland, Utah championed the cause and it sailed through both the Committee and House. Once it reached the Senate floor, a group of ill-informed physicians opposed the bill and successfully had it pulled from the calendar. When Rep. Menlove found that it was pulled, she moved into action and had it put back up for vote on the Senate floor. It passed and was signed by Governor Herbert on April 1, 2013.

Now that the law has passed and is in effect, the next question commonly proposed is will it be enforced and how. Violations of the law are a Class B Misdemeanor and carry a sentence of up to 6 months in jail and up to \$1000.00 fine. The Utah Interpreter Program falls under the auspices of the Utah State Office of Education and together they are committed to the enforcement of the law. As a community, it is our ethical duty to protect the accessibility of all Deaf and hearing individuals using interpreting services to report violations of the law and uphold the standards not only as set by the law but as valued by all of us. To make such a report, contact Mitch Jensen at mfjensen@utah.gov. To read the law in its entirety, go to <http://le.utah.gov/~2013/htmdoc/hbillhtm/HB0371.htm>.

Free Legal Advice



Talk private with lawyers from the Utah Legal Services if you have concerns about:

- Employment discrimination
- Social Security issues
- Food stamps
- Medicaid/Medicare
- Landlord/Tenant Issues
- Discrimination
- Divorce
- Custody
- And other issues

**Interpreters will be provided.
Tele-conferencing is available throughout the state!**

When: August 14, 2013 (Every 2nd Wednesday of each month)

Where: Sanderson Community Center of the Deaf and Hard of Hearing, 5709 South 1500 West, Taylorsville, UT 84123

Time: 3:00 PM – 5:00 PM

Appointment is required. Please contact Joene Nicolaisen by Aug 12 at 801-657-5218 (vp) or email at jfnicolaisen@utah.gov.

Any ADA accommodations need to be requested when making an appointment.




IMAGINE.



Our 2013 Season

*King John • Love's Labour's Lost • The Tempest
Anything Goes • Peter and the Starcatcher • Twelve Angry Men
Richard II • The Marvelous Wonderettes*



**American Sign Language (ASL)
interpreted and captioned performances
August 19–26 and October 8–9**

Schedule of Events

August 2-3: Deaf & Hard of Hearing Campout at Navajo Lake. First come first serve to snatch a campsite. \$15 for 8 people, \$30 for 16 people. Call in for more details.

August 9: ASL Ice Cream Social @ the Iceberg 6pm

August 14-16th: SSI/SSDI Planning Benefits Workshop & Employment Workshop by Annette Stewart and Pamela Mower, in ASL. Contact us for more details.

August 17th: Interpreter Workshop "Managing the Middle" 9am-12pm @ SUDHHP Center. Please RSVP to Meadow Lisonbee: mlisonbee@utah.gov

For more information on Shakespeare Festival in ASL please contact Hillary LaFrance: hlafrance@utah.gov

ASL Classes Starts
September 3rd, 4th

For more information please contact Meadow Lisonbee:
mlisonbee@utah.gov

AUGUST 2013

"OUR MISSION IS TO ENHANCE THE QUALITY OF LIFE FOR PEOPLE WHO ARE DEAF OR HARD OF HEARING BY PROVIDING EDUCATION, ADVOCACY AND ACCESSIBLE SUPPORT SERVICES"



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 Camping at Navajo Lake 	3
4 Tidbit: Friendship Day	5	6	7	8	9 Iceberg Ice Cream ASL Social St George 	10
11	12	13	14 Employment Workshop	15 SSI/SSDI Benefits Planning Workshop & Employment Workshop	16 SSI/SSDI Benefits Planning Workshop & Employment Workshop	17 Terp Time Workshop
18	19 	20	21	22	23 Brad's Food Hut ASL Social Cedar City	24
Shakespeare Festival in Cedar City With ASL Interpreters August 19-24th						
25	26	27	28	29  Sego Lily Workshop - Healthy Relationships	30	31

For Statewide activities, checkout www.uad.org
For more information on state services www.deafservices.utah.gov
Checkout our Facebook page:
"Southern Utah Deaf and Hard of Hearing Program"

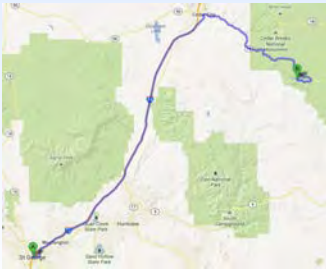
***** PLEASE NOTE *****
Remember to always RSVP to reserve your spot at any of the activities.
Let us know if you need any ADA accommodations when you RSVP.
Thank you.

Deaf and Hard of Hearing Campout

August 2-3, 2013

Navajo Lake

I-15 North, (40 min) Exit 57 in Cedar City, merge on Main street, Turn right UT-14 E Center St, (go through Cedar Breaks 40 Min) Turn Right Navajo Lake Rd. **Find "Navajo Lake Campground"**, (after spruce campground)



This Year we got some fun stuff to do and learn!

- * Travis Kayhart: who will help and teach us how to fish,
- * David Poole: to teach us 3 basic survival skills in the wilderness,
- * Steve Christensen: to lead us on hiking trails, and what to do when you see predators
- * Volleyball in the lake
- * Friday night Dutch oven for DINNER! And Smores for later!

Here's the Catch: First come first serve! I suggest you carpool, and pitch in.

Single: 8 people
Double: 16 people



CAMPING FEES	
SINGLE SITES	\$15.00
DOUBLE SITES	\$30.00
PARKING	\$3.00
EXTRA VEHICLES (per)	\$5.00
GROUP SITE	\$7.50
SENIOR GA PASS	\$6.00
DAY USE (to 4 PM)	\$6.00
FIREWOOD	

First 16 people to RSVP will have a free campsite, but only pay \$5 parking fee.

SUDHHP providing Dutch Oven Dinner and Breakfast only **MUST RSVP** by July 12th



RESUME WORKSHOP

Aug. 14 (Wed)

7 pm – 8:30 pm

Learn more about what a good resume is!

INTERVIEW WORKSHOP

Aug. 15 (Thurs)

3:30 pm – 5 pm

Find out how to do great in an interview!

Conference room at
Southern Utah Deaf
and Hard of Hearing
Center

1067 E. Tabernacle,
Suite 10
St. George, UT 84770



Presented by **Pamela Mower**

DEAF Employment Specialist

Sanderson Community Center for the Deaf and Hard of Hearing

DOOR PRIZES & REFRESHMENTS PROVIDED!



INDIVIDUAL APPOINTMENTS:

Need more help with the following?

Resume

How to be interviewed

Job search

Aug. 14 (Wed)- 9 am – 1 pm

Aug. 15 (Thurs)- 9 am – 3 pm

Aug. 16 (Fri)- 9 am – 11:30 am

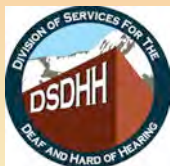
Sign up for one on one meetings

at
Southern Utah Deaf and Hard of
Hearing Center –
1067 E. Tabernacle, Suite 10 St.
George, UT 84770



Meet with Pamela Mower
DEAF Employment Specialist from
Sanderson Community Center
for the Deaf and Hard of Hearing





SSDI & SSI Rules for Working

Taught in ASL

If other ADA accommodations
are required please
RSVP before Aug. 7, 2013.

When: Aug. 14, 2013 (Wed)

Time: 3:30 – 5:00 PM

Where: 1067 E Tabernacle Suite 10, St. George

Who: Annette Stewart, Utah Work Incentive
Program Services (UWIPS)

What: Come learn the basic rules for
working and receiving SSI or SSDI.

Please RSVP to SUDHHP@utah.gov



Terp Time

August 17, 2013 9am-12pm

“Managing the Middle”

Demand and Control Application

Presented by Clint Behunin

Please RSVP mlisonbee@utah.gov

Participants will discuss various ethical dilemmas that arise during interpreting assignments and will practice viable strategies for managing the process while "in the middle."

Participants will also workshop ethical decision making strategies while under pressure. We will also utilize Demand Control Schematic practices and will demonstrate solutions from all perspectives while mediating "in the middle."

Clint received his Utah Professional interpreting certificate in 2002, his RID CI/CT in 2004 and his BA degree from Utah Valley University in 2006 in Integrated Studies with emphases in Deaf Studies and English and his Master of Science degree from Northeastern University in Boston where he majored in Corporate and Organizational Communications. In addition to his work as an interpreter, Clint is a frequent workshop presenter on local, regional and national levels.

Please inform us of any ADA accommodations needed at the time of RSVP by emailing Meadow Lisonbee at mlisonbee@utah.gov

UTRID is an Approved RID CMP Sponsor for Continuing Education Activities. This professional studies program is offered for .3 CEU's and 3 CEH's at the little/intermediate Content Knowledge level.



Southern Utah Deaf and Hard of Hearing Program
1067 E. Tabernacle #10
St. George Utah

Date: August 29th

Time: 7pm-8:30pm

Location:

Southern Utah Deaf &
Hard of Hearing Center
1067 East Tabernacle #10
St. George Utah



Presents Carolyn Washburn,
With ASL Interpreter



Healthy Relationships

Carolyn Washburn, Associate Professor, is a Family Consumer Science Agent, for Utah State University Extension in St. George, UT. Her work responsibilities involve programs that build strong resilient families. She is the chair of the Washington County Marriage Coalition, promoting healthy family and marriage relations. She is married has 2 children, 8 stepchildren and 28 grandchildren. Her most cherished award is America's Promise,

Today's families are not the typical stereotype of home, marriage, family and spouse, which many of us grew up with. We probably believed that we would fall in love, marry, set up a home, raise a family and "live happily ever after". With the rising divorce rates of over 43 % in Utah and 50% of all American children in a divorced situation, we realize that the old "American dream" is not a reality. Society has given us a false vision of what life should be, yet, with some skills and knowledge it is possible to build and keep healthy relationships.

Please RSVP to Marilyn Sexton at:
marlyn@slcad.org or vp/voice: 435-216-0748

Refreshments will be provided.